

4th-- 2K Depression Prevention Walk

Fri 06.09 - Fri 06.09.2013

Place: Madhapur
Times: 03:00 to 05:00
Category: Our Events
Additional Information:

4th-- 2K Depression Prevention Walk 6th September 2013 [Photo Gallery](#)



[Media Coverage](#)



Commemoration of World Suicide Prevention Day- 4TH

2 K Depression Prevention Walk on 6th September 2013

Makro Foundation (MaFo) has organized the 4th 2 K Depression Prevention Walk to Commemorate "World Suicide Prevention Week" on 6th September 2013. THEME: "DEFEAT DEPRESSION - Lets's Talk About It" to mark the International Theme for 2013 – "Stigma: A Major Barrier for Suicide".

The Objective of the Walk: To show solidarity for people affected by Suicide , Support the case Suicide Prevention, Generate awareness that Mental Illness is Treatable

EVENT DETAILS

Makro Foundation in association with Lions Club International Dist.316-C has joined hands to do an awareness drive about Suicide & Depression. Suicide prevention is about supporting the development of coping skills and resiliency, and it's about reconnecting to our culture, our families, our communities, and us.

Punjab National Bank were partners in T Shirt for the event.

Present on this occasion were eminent personalities from the city including

1. Mr. Deepak Bhattacharjee, District Governor, Lions Club International 316-C
2. Ms. Nikita Narayan, South Indian Film Actress
3. Mr. A Ajayan, AGM - Punjab National Bank
4. Mr. Ajay Ghose, Tollywood Actor
5. Mr. M. Subba Rao, Chairman & Managing Trustee, MaFo
6. Mr. Mahesh Malneedi, CEO Makro Group

HIGHLIGHT OF THE PROGRAM

- Mr. Mahesh Malneedi, CEO Makro Group Highlights of the Event
- Ms. Aparna G Adhikari, Manager, Makro Foundation, spoke about the helpdesk, its focus area, and its services. Till now over 5000 calls have been received.
- Mr. Mahesh, CEO, Makro Group, gave the objective of the program.
- Ms Nikita Narayan, Actress spoke mainly about 3 main important ways to deal with Depression-Awareness, Attitude, and Action in order to defeat depression.
- Mr. Ajay Ghosh, Tollywood Actor spoke that let us teach our youth to face life positively support them and teach them to face challenges/failures in positive way.
- Lion Mr. Deepak Bhattacharjee, Dist Governor Lions Club spoke about the issues faced in Depression and how to come out of the cause. Lions club Telengana regions and various Lions Club partners participated in the same. He assured support of the Club in future also.
- Flagging off the 2 K Walk was done by Mr. Deepak Bhattacharjee Lions Club along with other Dignitaries on the Dias. The rally followed after the flag off. The walk moved from YSR statue towards the Hitech city fly over and returns around 3 kilometers.
- **Participants were: 500** (Corporate: 200, LIONS Clubs members: 100, 200 were Students from St. Ann's College, Indian Red Cross Society, Mid Town Herbal Life Distributors, COVA volunteers, Students from Ayesha High School, MS College Students) 1000 Flyers were distributed.

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